

Summer Solstice --1:30-5:30 -Sunday, June 23, 2013

@ Doug Wylie's

Materials to gather:

- Ground cover tarps
- many material/blankets
- Hoola hoops
- Bubbles
- Theresa's candle
- Extension cord
- Boom box
- Music
- Hoola hoop with gold ribbon
- Spritz for blessing
- Sign for gate

Flags:

- Muslin cut in 3x4 squares
- Sharpies some thin lined
- Colorful duct tape
- twine and kite string

Mead:

- Fruit
- carafe/jug of some sort
- potato masher
- knife

Meditation Area:

- tarot cards
- metal bowl of Theresa's
- pillow

Healing Area:

- paper to read & burn to release
- matches
- pillow
- essential oils (massage stuff)
- foam mattress
- _____
- sheet

Food:

- Table for food
- Chafing dishes
- Food covers
- Paper napkins
- cups
- Ice

1:30: Arrival Music, Hoops, Dancing

We take chairs to beach and food to table. Sisters dance.

_____ When last one arrives, close sign on chain.

1:45: Blessing: Through Sun Hoop & Spritz

2:00: Call in directions :

_____ History of Summer Solstice

_____ Light candle ceremony

Debby _____ Set intention for the day. Remind them we'll also be coming together to share at 4:30.

2:45-4:15 (1 ½ hours): Healing activities begin (We monitor and guide if necessary)

Meditation area, Singing for world healing/Storytelling,

1-2 Healing areas, Swimming, Nature walk/meditation, Laying around and doing nothing, hoola hooping, making prayer flags

4:15-5:15:

_____ Sharing Circle

5:15: Close

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Ritual-Summer Solstice ~~2014~~-Intro-Our Group

2013

The intention of this ritual was to provide space to heal. The question asked was, "Are you taking care of yourself?" The areas created to support this healing included: a guided meditation space, a singing station, making prayer flags, massage, and a listening to others station. The setting was a beautiful space by a creek.

(Each sister reads this out loud before they step through the sun hoop.)

I come to you in prayer,
Under the mid-day light without shadow,
I thank you for lessons of growth, passion and relationship.
I pray to be one with the Sacred Fire of the South-in a transformative way.
I ask for courage in this place of action and change.
I ask that my will be guided by right intention,
And that my medicine be good under the bright sun.

Blessing with Spritzer water-

As the sun spirals its longest dance, I bless you.
As nature shows bounty and fertility, I bless you.
May you live with loving intent, to fulfill your truest destiny.

Summer Solstice is associated with spirit, passion, power and transformation. It is a day to recognize the light within you, your illumination, the divinity of your soul. It is a time to perceive and direct your will, and tap into your ability to be direct, active and assertive. Summer Solstice is a time of great power.


We the facilitators, your sisters, acknowledge you are incredible women filled with power and love. You are able to meet the needs of many. We wish to ask the question, are you as generous to yourself as you are to those you love? Are your needs being met? Do you acknowledge your own needs or are they set aside or ignored? Today you will draw on your power to ask for what would nourish you. We want to give you time and space to go within to determine what you need to be whole in your inner and outer world.

Sounds great doesn't it? However we are asking more of you. During this time that you are exploring your inner selves, we are asking you to stay open to those around you. In other words, we want you to be wide open to giving to yourself, but also to give to others.

Here's the plan. We have set up a variety of spaces to choose from. We have a meditation area, some healing areas, and a basket with guided questions to walk with. There is a place for singing healing songs for our world and each other. There is a place to create prayer flags. You can use any, all, or none of these spaces. It could be that you just need to play, swim, or lay in the sun? It's up to you to decide. Stay in a place of grace and allow spirit to guide you throughout this time. Allow yourself, your soul to reach out to you; find answers; seek healing.

So when and how, you might be asking, will you be giving to another?

We have created some very special and sacred healing places. When you or a sister chooses to sit in the center, help, guidance, love, witnessing, or celebrating is being requested. It is up to our community to witness, share or give to that person. Stay in the flow of giving and receiving but watch to make sure someone, or a few someones are there for them. Since the intention is to receive as well as give it



would probably be best if sessions last for only about 10-15 minutes. For some of us, it takes immense courage to ask for help. Summer Solstice is a perfect time to draw forth your courage. You are in a safe, sacred place. We are all walking with spirit today. We are holding our center in perfect alignment. Trust each other. Be there for each other, be there for yourself.

Let's take a walk now to show you the possibilities that await you. (Walk, then return to the circle.)

Here in this beautiful place where nature surrounds you and supports you, we ask that you take this moment to connect with any frustrations, worries, unfulfilled desires you have in your daily life. Allow these thoughts or feelings an opportunity to well up, examine them, and acknowledge them. Expose your life to your mind's eye. Recognizing these needs will help you determine what you need to do today to help transform this energy. When you're ready allow all tensions to flow out of you to be absorbed into the earth. Carefully check deep within. Are you free to allow spirit to guide you? When you are ready, rise up, and staying connected to yourself, the earth and your sisters, go forth and explore.

